

Recent videos posted to social media target teens to take the 'Benadryl Challenge'

From 2019-2020:

- Tennesseans have experienced nonfatal overdoses involving over-the-counter medications including overdoses involving diphenhydramine (commonly known as Benadryl)
- Overdoses involving Benadryl are more common among females than males
- One in every three nonfatal Benadryl overdoses involved someone under 18 years of age

The 'Benadryl Challenge' encourages viewers on social media to ingest excessive quantities of Benadryl (diphenhydramine) to induce hallucinations. Read more in the warning released by the Food & Drug Administration (FDA) [here](#).

ABOUT BENADRYL OVERDOSE

Benadryl is an over the counter antihistamine used to temporarily relieve symptoms due to hay fever, upper respiratory allergies, or the common cold. It is considered safe when used correctly.

It is possible to overdose on Benadryl, especially when taken in excess and/or in combination with other substances.

Signs & Symptoms:



Extreme Drowsiness



Increased Heart Rate



Seizure, Confusion, or Hallucinations



Blurred Vision

PREVENT AN OVERDOSE



Call 911 if you suspect you or someone you know is experiencing an overdose



Contact the poison control hotline (1-800-222-1222) for emergency poison information



Talk with your loved one about social media challenges that encourage life threatening behavior



Learn more about Benadryl Overdose